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AUTHOR Stier, William F., Jr.
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ABSTRACT

This investigation was undertaken to determine the present status of health, physical education, recreation, and athletic offerings at small liberal arts colleges throughout the United States. The data are reported in a series of charts within the paper and were obtained by means of a 10-page questionnaire covering 12 specific areas filled out by the physical education department chairmen at the participating institutions. The 12 areas are: (1) characteristics of the institution; (2) major offerings in health, physical education and recreation; (3) student population; (4) qualifications and responsibilities of staff; (5) curriculum activities; (6) major and minor (professional) curricular offerings; (7) intramurals; (8) extramurals; (9) athletic personnel; (10) facilities; (11) departmental budget; and (12) office management. (HS)

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THE 1970-71 STATUS OF HEALTH, PHYSICAL EDUCATION, RECREATION, AND ATHLETICS IN CO-EDUCATIONAL INSTITUTIONS OF HIGHER LEARNING WITH AN ENROLLMENT BELOW 2501

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By:

William F. Stier, Jr.
Chairman: Health Science, Physical Education and Recreation
Briar Cliff College
Sioux City, Iowa

June 1, 1971

HE002 825

PURPOSE OF THE INVESTIGATION

This investigation was undertaken to determine the present status of health, physical education, recreation and athletics in small liberal arts colleges throughout the United States.

PROCEDURES OF THE INVESTIGATIONS

The investigation involved creating a ten page questionnaire designed to be completed by the chairman of the physical education department at selected institutions of higher learning. The population of the study included 570 co-educational, four year colleges with a student population below 2501 and which offered an athletic program. The 1969-70 edition of the Blue Book of College Athletics was utilized to determine the population. Each chairman of the physical education department was provided with the evaluation instrument designed specifically for this purpose. The number of institutions participating in the investigation numbered 375 for a 65.7 % rate of return. Not all respondents completed each item within the instrument.

The investigation sought to determine the status of specific areas within the physical education

and athletic offerings of the institutions. These areas include:

Area I: Characteristics of the Institutions

Area II: Major Offerings in HPER

Area III: Student Populations

Area IV: Qualifications and Responsibilities of Staff

Area V: Curriculum-Activities

Area VI: Major and Minor (Professional) Curricular Offerings

Area VII: Intramurals

Area VIII: Extramurals

Area IX: Athletic Personnel

Area X: Facilities

Area XI: Departmental Budget

Area XII: Office Management.

Area I. CHARACTERISTICS OF THE INSTITUTIONS:

1. The mean population of the city in which the institutions of higher learning are situated range from 25,001 to 50,000 people.

Percentage of Institutions	Population of the City
7.55 %	over 500,000
9.88 %	250,000 - 500,000
12.50 %	100,001 - 250,000
11.04 %	50,001 - 100,000
22.67 %	25,001 - 50,000
13.08 %	10,001 - 25,000
12.50 %	5,001 - 10,000
11.04 %	under - 5,001

2. Public, Private and/or religious affiliation of the institution.

Percentage of Institutions	
33.88 %	private institutions; but not religiously affiliated
53.71 %	private schools; religiously affiliated
12.39 %	public institutions

3. Academic calendar in use by the institutions during the 1970-1971 academic year.

Percentage of Institutions	
61.15 %	utilized the semester system
9.64 %	utilized the three term system
14.04 %	utilized the 4-1-4 plan
7.16 %	utilized the four quarter system
3.30 %	utilized the trimester plan
4.68 %	utilized other calendar systems

Area II. MAJOR OFFERINGS IN HEALTH, PHYSICAL EDUCATION, AND RECREATION

Percentage of Institutions

14.78 % offer physical education major
9.94 % offer physical education minor
34.94 % offer physical education major and minor
.26 % offer physical education major and minor and health education major
.26 % offer physical education major and minor and health education major and minor
1.6. % offer physical education major and minor; health education major and recreation education minor
1.88 % offer physical education major and minor and health education minor
.80 % offer physical education major and minor and recreation education major
1.61 % offer physical education major and minor and recreation education minor
.26 % offer physical education major and minor; health education minor, recreation education major and minor
.26 % offer physical education major and health education minor
.26 % offer physical education major and recreation education major
.26 % offer physical education major and health education minor and recreation education major
.80 % offer physical education minor and health education minor
.26 % offer physical education minor, health education minor and recreation education minor

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Area II. MAJOR OFFERINGS IN HEALTH, PHYSICAL EDUCATION AND RECREATION - continued

Percentage of Institutions	
.80 %	offer a health education major
.26 %	offer a health education minor
.26 %	offer a recreation major
30.37 %	do not offer a major or minor in health, physical education and recreation.

The above percentages indicate the different combinations of major and minor offerings provided by the various institutions. Listed below are those percentages which indicate the availability of a major and a minor offering in the areas of physical education, health education and recreation education without regard to what combinations are provided for in the institutions.

Percentage of Institutions	
57.2 %	offer a physical education major
52.7 %	offer a physical education minor
2.9 %	offer a health education major
4.3 %	offer a health education minor
1.8 %	offer a recreation education major
3.7 %	offer a recreation education minor

Area III. TOTAL STUDENT POPULATION OF THE INSTITUTION

Percentage of Institutions	Student Population
5.86 %	500 or less
17.87 %	101 - 750
20.67 %	751 - 1000
18.99 %	1001 - 1250
15.36 %	1251 - 1500
16.75 %	1501 - 2000
4.46 %	2001 - 2500

Area IV. QUALIFICATIONS AND RESPONSIBILITIES OF STAFF

1. The degrees and years of teaching experience of the physical education personnel.

Experience	B.A.	M.A.	Ed.S.	Ph.D.	Total
Under two yrs.	3.66%	3.93%	.05%	.70%	8.3 %
Two - five yrs.	4.74%	15.43%	.05%	.26%	20.5 %
Over five yrs.	6.69%	57.09%	1.07%	6.26%	71.1 %
Total:	14.8 %	76.5 %	1.2 %	7.2 %	

2. Teaching experience is required as a prerequisite for a teaching position at the institution.

   Teaching experience is required in 48.12 % of the institutions while 51.87 % indicated that no such requirements exist within the institution.

3. What additional responsibilities are required by the colleges of physical education staff members other than actual teaching duties?

Responsibilities	Percentages of Institutions
Student Teaching Supervision	36.97 %
Club Moderation	44.81 %
Intramural supervision	91.87 %
Coaching	96.35 %
Intramural officiating	14.28 %
Independent study moderator	29.13 %
Cheerleader supervision	51.82 %

Area V. CURRICULUM

1. Number of years required of general student body in physical education activity classes

Percentages of Institutions	Number of Years
23.44 %	One Year
66.66 %	Two Years
2.59 %	Three Years
1.41 %	Four Years
1.69 %	Other
4.23 %	None required

2. Number of days on which physical education activity classes are offered each week

Percentages of Institutions	Days per week
4.71 %	One day
76.40 %	Two days
13.86 %	Three days
2.65 %	Four days
3.35 %	Five days

3. Length of time for physical education activity classes for the general student body

Percentage of Institutions	Minutes
2.40 %	30
14.11 %	40
63.96 %	50
12.01 %	60
3.90 %	70
.30 %	80
1.50 %	90
.30 %	100
1.50 %	120

4. Is an adaptive physical education program provided for those atypical students who cannot participate successfully in the regular physical education services classes?

Only 41.86 % of the institutions responded in the affirmative in respect to the above question. The majority of the institutions (58.13 %) indicated that they did not provide an adaptive physical education activity program.

5. Substitutions for the general physical education activity classes are allowed in 67.44 % of those institutions responding to this item. Only 32.55 % of the colleges do not prohibit substitutions for service classes.

6. The institutions which permitted substitutions for activity classes indicated that the following would serve as a substitute for the service classes.

Substitutions allowed for service or activity classes	Percentages of Institutions
ROTC	8.62 %
Athletics	63.79 %
Veterans	53.87 %
Married Students	.86 %
Intramurals	2.15 %
Band	4.74 %
"Older Students"	.43 %
Over twenty-five yrs. of age	1.72 %
Over thirty yrs. of age	.43 %
Over twenty-four years of age	.43 %
Over twenty-six yrs. of age	1.29 %
Over thirty-five yrs. of age	.86 %
Over forty yrs. of age	.43 %
Health Class	2.15 %
First Aid Class	.86 %
*Swimming Class	.43 %
*Dance	.43 %
Physical education lecture	.43 %

*It is interesting to note that .43 % of the respondents indicated that swimming and dance classes could be substituted for physical education activity classes. It is this writer's opinion that dance and swimming classes are indeed physical education classes and may be popularly refered to as physical education activity or service classes.

7. Cuts are allowed in 77.96 % of the institutions surveyed. Only 22.03 % fail to allow cuts.

8. Number of cuts allowed in physical education activity classes.

Number of absences	Percentage of Institutions
One	11.05 %
Two	42.21 %
Three	25.12 %
Four	13.56 %
Five	2.51 %
Other	5.52 %

9. An overwhelming number of institutions (61.13 %) require a student to drop a class if the individual student misses more than a predetermined number of classes.

10. The number of cuts allowed students in activity classes before the student is forced to drop the class or withdraw from the service class ranged from one to eighteen absences. The listing below provides a breakdown in percentages as to the number of institutions which allow different numbers of cuts before the student is forced to withdraw from the activity course.

Number of absences	Percentage of Institutions
One absences	.89 %
Two absences	3.57 %
Three absences	28.57 %
Four absences	15.17 %
Five absences	25.00 %
Six absences	12.50 %
Seven absences	7.14 %
Eight absences	2.67 %
Ten absences	.89 %
Twelve absences	1.78 %
Thirteen absences	.89 %
Eighteen absences	.89 %

11. Students are allowed to make up a missed activity class in 60.79 % of the institutions. 39.20 % of the institutions indicated that once a student has missed an activity class the student may not attempt to make up the absence.

12. For those institutions which allow students to make up a missed activity class, the individual student may utilize several means of doing so.

Method of making up a missed activity class	Percentage of Institutions*
Anytime with another class	66.19 %
Special make-up class	33.80 %
Other methods	27.61 %

*More than one method was available in many institutions.

13. Absences affect a student's grade in the activity classes in 88.78 % of the institutions surveyed.

14. Activities provided by the institution for service program, intramurals, extramurals, athletics and those required for the major and/or minor student. Numbers within chart refer to institutions.

Activities	Service Classes				Intramural Activities			Athletic Activities			Activities Required			Extra-murals
	Men and women but separate	Co-ed Class	Men Only	Women Only	Men and women	Men Only	Women Only	Men and women	Men Only	Women Only	Majors and Minors	Majors Only	Minors Only	
Archery	158	114	16	40	68	15	29	3	3	5	37	39	6	14
Aquatics	117	91	14	11	57	12	6	14	16	2	27	29	5	16
Ballet	9	5	0	22	1	1	0	1	0	0	1	0	2	0
Badminton	224	121	8	21	129	24	20	2	4	5	37	40	9	24
Baseball	19	7	69	1	12	21	0	7	246	0	11	31	7	16
Basketball	213	12	35	11	225	74	3	121	179	4	34	42	13	63
Billards	18	11	6	8	18	38	0	0	2	0	1	2	1	5
Bowling	162	117	10	22	126	46	5	7	36	5	23	24	5	23
Cross Country	14	6	51	0	10	70	1	7	205	0	2	6	3	8
Dance-Modern	52	67	2	92	7	1	7	0	1	0	15	36	6	3
Dance-Square	94	100	2	32	7	0	3	0	0	0	19	44	4	2
Fencing	44	35	7	20	5	4	2	3	5	0	6	7	0	5
Field Hockey	14	2	3	182	4	9	65	1	7	66	15	27	7	26
Football-Touch	24	6	143	2	17	203	12	1	156	0	17	34	7	14
Golf	181	122	25	12	49	72	4	13	237	0	28	42	8	18
Gymnastics	174	67	15	20	20	4	5	8	6	6	35	45	8	9
Handball	27	12	78	1	11	76	0	1	2	0	11	22	2	7
Ice Hockey	1	0	9	0	3	7	0	0	18	0	1	0	1	6
Judo	18	12	14	5	6	5	1	0	3	0	2	1	1	4
Life Saving	113	92	5	4	5	1	0	1	1	0	14	26	5	2
Ping Pong	65	42	5	8	117	49	5	2	1	0	6	10	4	12
Rifle Shooting	14	12	6	3	5	3	0	9	12	0	1	5	0	2
Soccer	70	6	154	17	11	63	3	2	130	4	23	37	8	18
Softball	196	18	34	31	178	93	8	7	3	24	22	34	9	22
Speedball	37	4	33	60	3	9	11	1	0	1	14	21	4	1
Swimming-Beg.	161	88	5	10	16	6	1	3	5	0	19	24	8	4
Swimming-Advanced	136	83	3	8	24	9	1	6	27	0	18	20	5	7
Tennis	233	111	8	10	161	48	8	83	172	5	39	45	11	36
Track & Field	82	15	63	9	65	75	5	34	177	2	30	38	10	22
Volleyball	270	78	12	13	203	48	12	7	9	49	38	38	9	47
Weight Control	71	15	53	22	6	6	1	2	2	1	10	16	2	7
Wrestling	4	0	142	0	2	77	0	1	114	1	13	29	2	7

*Note: obvious mistakes in completing this part of the questionnaire (such as some responses for wrestling for women etc.)were not deleted so as to present the material exactly as received from the department chairmen.

Area VI. MAJOR AND MINOR (PROFESSIONAL)CURRICULAR OFFERINGS

1. Courses Provided:

Courses Offered by the Institution.	Required For Majors and Minors	Majors Only	Minors Only	Electives
	Number of institutions			
Anatomy	57	119	15	8
Camp Counseling	5	15	6	59
Care of Equipment	1	8	2	8
Care and Prevention of Athletic Injuries	40	68	17	69
Coaching Theory	55	80	21	54
Community Recreation	17	45	8	66
Curriculum in P.E.	42	59	14	15
Dance-Modern	11	41	6	40
Dance-Other	18	48	9	32
Driver Education	1	6	4	24
Elementary Activities	27	40	9	40
Elementary Methods	25	44	11	40
Environmental and Community Health	35	57	15	26
First Aid	53	77	21	41
Health Methods	28	47	15	25
Individual Sports Methods	46	73	20	33
Intro. to Health	15	30	9	12
Introduction to P.E.	61	74	22	12
Intramural Sports	12	21	3	41
Kinesiology	41	117	10	16
Officiating	14	44	4	48
Organization and Ad. P.E.	68	110	30	20
Personal Health	34	63	12	19
Physiology	28	88	9	15
Physiology of Exercise	14	47	8	16
Recreational Activities	10	27	9	39
Student Teaching	45	124	10	10
Swimming	22	52	6	36
Team Sports Methods	38	70	15	29
Tests and Measurements	21	88	6	36
WSI	6	14	3	41

Note: 185 institutions responded to this item.

2. Only 13.33 % of the physical education departments require major and/or minor students in physical education to teach (student-teach) or observe in the college's activity classes as part of their professional preparation.

3. A slight majority of the physical education departments (52.28 %) indicated that major and/or minor students are not required to participate in various types of field work in addition to regular class work. 47.71 % indicated that such field work is available and is indeed required for major and/or minor professional physical education students.

4. Professional honor societies are practically non-existent for male major and/or minor students in physical education as 94.62 % of the institutions fail to provide such organizations.

5. Almost the same number of institutions fail to provide professional honor societies for women major and/or minor students as 94.04 % of the institutions indicated that such organizations did not exist within the institution.

6. The senior year is still the most popular time for major and minor students in physical education to begin student teaching (87.75 %) but the junior year in college was the starting time for 5.95 % of the institutions. 4.48 % of the institutions indicated that student teaching for physical education major and minor students begin in other than the junior or senior years.

Area VII. <u>INTRAMURALS</u>

1. Only 19.14 % of the departments of physical education require major and/or minor students to participate in intramurals. 80.85 % indicated that intramurals consisted of voluntary participation and that major and/or minor students were not required to participate.

2. Physical education major and/or minor students are not required to officiate during intramural activities in 67.64 % of the institutions.

3. Average participation of general student body in the intramural activities for men and women.

Percentage of Participation	Percentage of Institutions (male participation)	Percentage of Institutions (female participation)
5-10 %	.53 %	13.06 %
11-20 %	7.73 %	16.26 %
21-35 %	14.40 %	20.53 %
36-50 %	21.06 %	13.86 %
51-65 %	22.93 %	8.00 %
66-100 %	19.73 %	3.20 %

4. The responsibility for the organization of intramurals within the college varies between institutions with the most popular method being the faculty-director.

Individual or individuals whose responsibility it is to organize intramural activities	Percentage of Institutions
Faculty-Director only	61.72 %
Faculty-Director and students	26.40 %
Club and students	.59 %
Club, Faculty Director and students	1.48 %
Students only	6.82 %
Faculty Director and club	1.78 %
Club only	1.18 %

5. The majority of institutions do not provide for the presense of a faculty member during all intramural activities (55.48 %).

6. Time set aside for intramurals.

Days	Percentage of Institutions offering afternoon sessions	Percentage of Institutions offering evening sessions
Monday	61.26 %	80.42 %
Tuesday	69.80 %	86.47 %
Wednesday	61.71 %	78.64 %
Thursday	65.76 %	89.32 %
Friday	42.34 %	39.85 %
Saturday	48.19 %	18.14 %
Sunday	22.07 %	9.96 %

7. Officiating duties for intramural activities are undertaken by teachers in 11.93 % of the institutions; by major and/or minor physical education students in 25.92 % of the institutions and by volunteers in 62.13 % of the institutions.

8. Intramural officials are paid according to a predetermined wage scale in 61.60 % of the responding institutions.

9. Awards are provided for participants (individual or team) in intramurals in 89.38 % of the institutions.

10. The financing of the awards for the intramural programs if accomplished through various means.

Financed through	Percentage of Institutions
Department only	76.01 %
Department and Club	3.04 %
Club only	4.72 %
Participants only	4.05 %
Department and other means	.67 %
Department and participants	1.01 %
Other means	10.47 %

Area VIII. EXTRAMURALS

1. Extramurals are provided for men in only 38.95 % of the institutions surveyed while 53.01 % provided extramural activities for women.

2. The vast majority (88.46 %) of the institutions indicated that they do indeed assign faculty members to assume responsibility for supervising extramural activities.

Area IX. ATHLETIC PERSONNEL

1. Athletic coaches are required by their institutions to teach in addition to their coaching duties in 83.23 % of the institutions.

2. The total population of physical education teachers within the institutions studied was 1853. Of this number, only 367 individuals or 19.80 % were involved in teaching only and had no responsibility for coaching.

3. Just over half of the institutions surveyed (50.14 %) indicated that every physical education staff member had some duties in respect to coaching athletic teams.

Area X. FACILITIES UTILIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION

Facility	Location: On Campus Percentage of Institutions	Location: Off Campus Percentage of Institutions
Field House	42.93 %	6.77 %
Gymnasium	71.75 %	9.35 %
Pool	47.83 %	21.61 %
Outdoor field	63.68 %	13.87 %
Dance area	29.39 %	.96 %
Gymnastics room	43.51 %	1.29 %
Bowling alley	17.29 %	54.90 %
Extra Teaching areas	62.53 %	7.74 %

Area XI. DEPARTMENTAL BUDGET

The physical education departments in 86.98 % of the institutions studied indicated that they have a separate operating budget with which to operate.

Area XII. OFFICE MANAGEMENT

1. The departmental chairman of the physical education department has secretarial assistance in 92.52 % of the institutions.

2. The secretarial assistance is not shared with any other department in 78.88 % of the schools studied.

3. The secretarial assistance available to the physical education department chairman is in the form of a student only (49.23 %), student help and private secretary (15.38 %), and private secretary only (35.38 %).